

SPOKANE GASTROENTEROLOGY
Colonoscopy Preparation Instructions
 For use with GoLytely, NuLytely, Colyte, TriLyte

IMPORTANT: Please review these instructions as soon as you receive them so that you can be properly prepared for your procedure. For best results, follow these instructions as closely as possible. Poor preparation could result in an inadequate exam that may need to be repeated.

During the week before your procedure:	
<p>STOP: Eating nuts, seeds, corn (including popcorn) and whole grains. Fruits and vegetables with peels/skins or seeds. Any oral iron or fish oil supplements. IMPORTANT: Check with your prescribing provider or gastroenterologist about the following: Diabetes medications will need to be adjusted as directed. Any blood thinners and anti-platelet drugs will need to be stopped as directed.</p>	<p>DO: Continue to take any of your regularly scheduled medications including on the day of the procedure, unless directed otherwise (with sips of water if needed). Gather all the supplies you need to complete your procedure. Remember to pick up your prep at the pharmacy. Confirm that you have someone to take you home after your procedure.</p>
The day before your procedure:	
<p>AT 4 PM STOP (in addition to the above): All solid food. Dairy products. Alcohol.</p>	<p>DO: Consume only water & clear liquids (no reds): Juices: Apple, pear, white grape, lemonade Broth: chicken, beef, vegetable Soft drinks: ginger ale, 7-UP, colas Other: Jell-O, black coffee or tea, popsicles, sports drinks.</p>
Afternoon on the day before your procedure (starting no later than 6 pm):	
<p>Add water (and flavor pack if supplied) to fill the container. Drink on 8 oz glass of solution approximately every 10-15 minutes until half the solution volume is gone. Put aside the rest to take on the procedure day. Keep refrigerated or at room temperature. Continue to drink clear fluids; the laxative will flush from your intestine and the diarrhea will slow down & stop.</p>	
The day of your procedure:	
<p>Continue to drink clear fluids only, remember no solid food. Do not chew tobacco or gum. Take your regularly prescribed medicines at the usual time with a few sips unless you have been instructed otherwise.</p>	
Four (4) hours before your procedure time:	
<p>Drink 8 oz glasses of the preparation solution until it is completely gone. Continue clear fluids (no red dyes) until 2 hours before your scheduled procedure time.</p>	
<p>NOTHING MORE TO EAT OR DRINK. YOU ARE READY TO GO!</p>	

